

QPR'S ARE DUE
JANUARY 15TH!

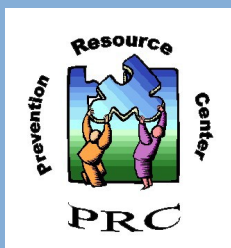
VISTA Insider

VOLUME 1, ISSUE 2

WINTER 2012/2013

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Key Step to Career Success: Find a Mentor

You need look no further than Hollywood to see the value of mentors. After all, even

Luke Skywalker had Obi-Wan Kenobi.

Finding a mentor is a common goal for workers and one that helps them grow, but how do you determine who's appropriate to be yours?

People who make the best mentors have experience in their vocation and offer you a chance to learn and grow from their life lessons. Good mentors are also individuals who have a passion to teach others their wealth of experience.

My most effective mentor was Wayne Wallace, a leader in the career services field who led such efforts at the University of Florida. With years of experience he was willing to share, he provided consistent and honest insight about the inner workings of higher education as well as

excellent insight for my job search. He was always only a call away and always made time for me.

Many mentors, such as Wallace, go unnoticed by the media. He was well-known in his field as a promoter of leadership development, and 15 of his former staffers in career services have become executive managers throughout the United States. That's proof that whether you are employed or looking for employment, securing a mentor is essential to your success.

Mentors can accelerate your career progress and help you avoid missteps. In his book *Knock 'em Dead: Secrets and Strategies for Success in an Uncertain World*, career management and job search expert Martin Yate shares clear criteria for selecting mentors:

- Mentoring is not a group activity.
- The best mentors are older than you.

■ Let the relationship develop naturally over time.

■ Mentor should not have a direct reporting relationship with the protégé.

■ The mentor must be committed to being a mentor.

■ Find someone who will tell it straight.

If your job or job search has stalled, consider identifying and securing a mentor. Understand, though, that finding a mentor doesn't absolve you of your responsibility in becoming successful or finding a job.

This person can provide you excellent insight, though, if you're willing to listen and take the steps to determine your best course of action. I remember many conversations with Wallace. While he would always provide solid advice, he also listened and pointed out areas to consider more deeply. I always respected his opinion.

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VISTA Profile!

Name: Veronica Willeto

Name your favorite flavor of ice cream: Huckleberry

Cabin in the Woods

Where are you from?

Ojo Encino on the Navajo Reservation in New Mexico.

Where are you serving?

Live in Billings. Serve the communities of Pryor, Lame Deer and Frazer.

What's your favorite word or phrase? (or something you say too much) It's a tie between "spork" and "echelon".

What is your favorite book from childhood? Any of the ones from the Ann of Green Gables series.



Most beloved season: Fall, mostly because of the pumpkin spice lattes and pretty colors of the leaves

What has surprised you about being a VISTA?

How much I have in common with other VISTAs.

What's the best thing about being a VISTA in your community?

Getting to know and working with the youth and all the advocates of youth in the communities I serve and across the state.

What's in the trunk of your car? Spare tire, car jack, Penzoil, Febreeze for vehicles, and upholstery cleaner

The last movie you saw:

Veronica is in her second year of service with the Office of Public

Winter Birthdays!

Ben Mincks- December 22nd
Rory Running- February 6th
Amanda Paramore- March 4th
Jill Jennings- March 10th



VISTA Profile!

Name: Andrew Gjeffe

Where are you from?

Where are you serving?

Serving in Billings at the Center for Children and Families.
From Moses Lake, WA

Do you have any pets?

No, but the raccoons wandering around my kitchen would probably say otherwise.

What's your favorite word or phrase? (or something you say too much)

"[Appropriate noun]...all over my body." Best accompanied with a hearty belly rub and smug expression. As in, after winning a bet, "Mmmmm, sweet victory all over my body!"

What is your favorite book from childhood? Lolita. Or maybe the Hardy Boys.

Name your favorite flavor of ice cream: Kitten

What's in the trunk of your car?

Kittens....actually, I've never owned a car.



Hello, ladies!

The last movie you saw:

Rocknrolla – Though if you visit me, there's a pretty good chance there will be a High School Musical marathon going.

Most beloved season: Late autumn and early winter: right when it starts to get really cold. The first snow just might be the best day of the year.

What has surprised you about being a VISTA? The prominent place of VISTA volunteers in the community

really caught me off-guard. I expected my role to be way more behind-the-scenes, but it seems like every other person I come across knows what VISTAs are and how they're involved with different projects in town. I was pleasantly surprised by the good reputation VISTA has, and with that reputation, the large amount of freedom and responsibility within my own job.

What's the best thing about being a VISTA in your community?

I like the network. Billings is pretty big, but within my specific line of work, everybody knows each other. It's an encouraging environment and there's a lot of support if needed.

"Mmmmm, sweet victory all over my body!"

VISTA Profile!

Name: Amanda Paramore

Where are you from?

Where are you serving?

From Sugar Land, TX; serving in Red Lodge

Do you have any pets? No pets :(

What's your favorite word or phrase? (or something you say too much) Whatever (said with a snarky attitude)! And that was a cuss word in my house growing up.

What is your favorite book from childhood? Mother Mother I Feel Sick Send for the Doctor Quick Quick Quick by Remy Charlip and Burton Supree

Name your favorite flavor of ice cream: Blue Bell's Crazy Kookie Dough

What's in the trunk of your car? tools and oil

The last movie you saw: The Dark Knight Rises

Most beloved season: Spring

What has surprised you about being a VISTA? It was surprising how many people in Red Lodge already knew about AmeriCorps programs and even VISTA specifically.

It was interesting to hear about different stories of people who had done or knew people who had been apart of an AmeriCorps program or VISTA.

What's the best thing about being a VISTA in your community? People are super friendly and they seem to always stick their neck out for each other. It is refreshing to be a part of it.



Amanda is in her second year of service with the Boys & Girls Club of Carbon County

Amanda (second from the left) and some awesome former VISTAs!

Find a Mentor Continued

Even though I disagreed with him from time to time, it was with the utmost reverence. We had mutual respect for one another, even though he was senior to me and had strong credentials.

While a good mentor won't necessarily take your side, he or she will be a good sounding board and give you an honest and different perspective.

Mentors don't merely disagree with you to play devil's advocate.

Offering a different perspective is in your best interest, but remember it is your job and job search. You should be assertive and own your decisions, but do listen carefully to your mentor.

Some of the most effective mentors I've had, including Wallace, also shared insight into their personal lives that strengthen the relationship.

I no longer can call and have those conversations with

Wallace, as he lost his battle with cancer this past summer. But he's truly not gone. Every day, I'm given opportunities to work in my purpose and passion because of the impact he had on me.

Thank you, Wayne Wallace.

Read more here: <http://www.kentucky.com/2012/10/01/2355906/>

key-step-to-career-successfind.html#storylink=cpy

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Recipes under \$10— Breakfast Burrito

1 can vegetarian refried beans
4 tortillas, corn
2 tablespoons red onion (chopped)
1/2 cup salsa
4 tablespoons non-fat yogurt, plain (optional)
2 tablespoons cilantro (optional)

Step One: Mix beans with onion

Step Two: Microwave

tortillas between two sheets of slightly damp paper towels on high for 15 seconds.

Step Three: Divide bean mixture between the tortillas

Step Four: Fold each tortilla to enclose filling

Step Five: Place on microwave safe dish and spoon salsa over each burrito (I suggest some cheese too)

Step Six: Microwave on high for 15 seconds

Step Seven: Serve topped with yogurt and cilantro

Cost per recipe: \$2
(according to MI Department of Community Health)



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Leader Notes



As Thanksgiving came and went I thought about how thankful I am for all of you. Now, this is going to get a little corny, sorry for that. The PRC has recruited some really great members and I'm not just saying that, because I've heard horror stories about members (none in MT, of course). You all have committed to spend a year (or more) living at poverty level and

work your tushies off. You not only have done that, but you moved away from family, friends, and your home state to benefit people who may never know what you did for them. That's pretty remarkable. Give yourself a pat on the back. Go on, do it. You deserve it. Every 6 months we welcome in new members and say adios to the old. Well,

on January 24th we'll do just that! I encourage all of you to get to know the new members coming in to your community and thank the ones that are leaving. If you know of available housing I suggest you post it on the Montana AmeriCorps Connection website <http://mtamericpsconnection.tumblr.com/>

MLK JR. Day

MLK Day is the second (or last for January members) day of service for AmeriCorps members. All members are required to participate in a volunteer project.

Two statewide programs happening are MTCC's Read for Peace and DPHHS's Healthy Breakfast Food Drive. Read for Peace was started

by a MTCC VISTA a few years ago. The goal of the program is to go into local elementary schools and read to students about MLK Jr. and his work and then produce artwork to be showcased in the community.

The healthy breakfast food drive will target communities across the state and collect healthy breakfast

food items to be donated to local food banks. Last year was the first year of the program and communities across the state collected over 1600 lbs. for their local food banks. I urge you to participate in one of these projects or one already happening in your community.



If you've been featured in the news we want to know! Send links, articles, videos, &etc. to ngottscha@mt.gov!

Important Dates

Close of Service for January VISTAs: December 11-12

Quarterly Report due: January 15

Last day of service for January VISTAs: January 26th

New members sworn in: January 24th

MLK Day: January 21

Serve Montana Symposium: February 28-March 1

AmeriCorps Week: March 9-17

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Fun Facts from the PRC Workplan

- Generated over \$302,000 for programming
- Recruited 2,764 volunteers with a total of over 19,000 hours served
- Developed 10 strategic plans
- Served over 2,000 disadvantaged children and youth
- Recruited 57 disadvantaged youth to serve as volunteers for a total of 394 hours served!

Keep up the good work!

“With the new day comes new strength and new thoughts”
Eleanor Roosevelt



VISTA

Volunteers In Service To America



AmeriCorps Pledge

I will get things done for America -

To make our people safer, smarter, and healthier.

I will bring Americans together to strengthen our communities.

Faced with apathy, I will take action.

Faced with conflict, I will seek common ground.

Faced with adversity, I will persevere.

I will carry this commitment with me this year and beyond.

I am an AmeriCorps member, and I will get things done.